

Handbook of Suggestive Therapeutics. By Henry S. Munro, M. D. 3rd Edition. Pub. by C. V. Mosby Co., St. Louis, 1911.

The third edition of the "Handbook of Suggestive Therapeutics" by Henry S. Munro is a considerable enlargement of the preceding editions. The fact that the two large editions have been exhausted, after less than two years, proves that it has met with the approval of the medical profession.

The method of psychotherapeutic procedures of Freud and Jung are described. The author advocates Jung's association method and gives due credit to Freud's psychology and to the unquestionable merits of his psychoanalysis, but he very strongly opposes his sexual psychoanalysis.

Munro recommends the universal application of psychotherapy as an adjunct to all classes of professional work and emphasizes the large scope of its application in the general practice of medicine.

The book is undoubtedly practical and useful, not being burdened with historical data or cumbersome theories. It contains only the most essential and most important psychological facts which are necessary for the understanding of the subject, and the reader does not require any special psychological training to follow the author.

The work is a short resumé of the present state of psychotherapy with strong subjective coloring. It is well adapted for use by the general practitioner. Those who speak disparagingly on the subject, although they have but little or no knowledge of this branch of therapy, will read Munro's Handbook with benefit.

C. R.

A Manual of Personal Hygiene by American Authors. Edited by Walter L. Pyle, A. M., M. D. (4th Edition.) Press of W. B. Saunders Company, Philadelphia.

"The object of this manual is to set forth plainly the best means of developing and maintaining physical and mental vigor." To this end the services of nine practitioners of medicine, each eminent in his specialty, have been enlisted. For this very reason, adequately to review the book would call for the services of an equal number of similarly expert reviewers. Failing this we will record our impression of the first chapter, leaving the quality of the remaining chapters to the imagination of those readers who have not the price of the book—\$1.50.

In the first fifty pages, Dr. C. G. Stockton, Professor of Medicine in the University of Buffalo, discusses the Hygiene of the digestive tract. The chapter is adequately illustrated. The author has been painstaking, and yet it seems to us that the subject matter is unevenly presented. For example, it leaves one with the feeling that if the reader spent the time on the care of his teeth which their proper attention would seem to demand, there would be none left to earn a living—let alone to heed the recommendations of the eight specialists yet to be heard from.

On the other hand, we were disappointed in what the author had to say of the values of foodstuffs and in his evidently empirical dietary. The whole article was essentially "conservative" in thought. Nowhere was there evidence that the "insurgent" views of Fletcher and his disciples as to the actual food requirements of the animal economy had been given serious consideration. In the light of a personal experience with both the usual way of "reducing" and with Fletcher's method, we regard this as a serious omission. Some time before the Fire, we noted that, as in the case of Mr. Tupman, "Time and feeding had expanded this once romantic form." In short, we were overweight. In this dilemma we placed ourselves in the hands of a colleague, of still greater weight and wisdom, who was reported to have reduced seventy odd pounds without ill effect,—in fact we could see none at all. Our colleague put us upon what was, we firmly believe, a scientifically conceived regimen. The only feature we recall was we had to weigh everything, and that it was appalling to note how much so little food weighed. In two weeks we had lost, if we

remember aright, some sixteen pounds; but at what a cost! Not only had we been compelled to abandon two professional papers on the verge of completion, but our practice had fallen off, our relations with professional friends were strained, we were scarcely upon speaking terms with our family. Being by nature one who would love his neighbor when possible,—we felt that the romantic form could be acquired only at too great a sacrifice and returned to three solid meals a day, two hundred and twenty pounds and the bosom of our family.

In the preceding summer Fletcher's book was brought to our notice and we were induced to make a personal test of its presentments. In a word, Fletcher proposes that we shall eat or drink what we like, but that we shall chew whatever is taken into the mouth until it has disappeared without a voluntary effort at swallowing on our part. In a test of this method, covering two months, we noted, first,—how little food it took to satisfy our appetite and that in the intervals of eating we were not incommoded by hunger nor weakness; secondly,—that we had an increasing desire for plain foods, and discovered in them a variety of agreeable flavors not theretofore noted, and that, thirdly, while we lost weight steadily and rapidly, we managed to keep our friends and our practice.

J. T. W.

Clinical Symptomatology. By Alois Pick and Adolph Hecht. Translated by K. K. Koessler, M. D. Published by D. Appleton & Co., N. Y. 1911.

In view of the small number of morbid processes in which there exists an effective specific therapy, "the physician is often obliged to select those symptoms from the total picture, which if successfully combated, will render the greatest benefit to the patient."

The authors therefore consider in more or less detail, every general and special symptom characteristic of each disease. Not only is symptomatology considered, but differential diagnosis, including detailed laboratory findings and treatment is discussed at some length.

As can be imagined, to properly cover such a field, a book would be encyclopaedic in size, and in an attempt to condense all this in less than 800 pages, there are necessarily many omissions.

From the standpoint of differential diagnosis, given one presenting symptom, this work does not afford as interesting reading as Cabot's "Differential Diagnosis," with its recital of case records. It certainly cannot replace our best text-books on practice of medicine. So that, while on the whole "Clinical Symptomatology" is an excellent compilation, we know of nobody to whom we can recommend its purchase for \$6 as filling one of their "long felt wants."

R. B.

Diseases of the Stomach and Intestines. By Boardman Reed, M. D. Third Edition. Published by E. B. Treat & Co., New York, 1911.

This is a book of over 1000 pages written by a man with ten lines of titles, etc. That it has reached the third edition shows that it has filled a want in the physician's library.

There are 83 lectures dealing with every phase of gastro-enterology and some things not closely related to the subject. For instance, three chapters and twenty pages are devoted to urinalysis; five pages to blood-counting; there is a chapter on dysentery, another on rectal diseases mainly surgical; another on intestinal parasites, and a discussion on arterio-sclerosis more suitable to a book on vascular diseases.

It would seem that in the course of three editions, the many repetitions might have been worked out and the whole boiled down to about 300 pages of concise information. Three hundred and seventy pages are taken up with a discussion of the methods used in diagnosis and treatment. As usual in such books, the discussion of gastric analysis leaves the reader with the idea that it is a complicated pro-

cedure which can be done only in a big laboratory and with many different indicators. This procedure might be more popular with the general practitioner if writers would conceal their erudition and show how simply the estimation can be made on one small specimen of stomach contents with only dimethyl-amidoazo-benzol and phenol-phthalein as indicators. Free HCl and the total acidity are the important things.

The 60 pages devoted to gastric and intestinal neuroses do little more than duplicate and confuse the descriptions of organic diseases described before. The treatment for all these is practically that advised for a case of gastric atony with general lack of tone and under-nutrition. The only apology for so many of these chapters seems to be that there are such terms as gastric hyperesthesia, enteralgia, gastro-intestinal neurasthenia, etc., in the vocabulary and each one of these names must have a disease attached to it or the work would not be complete. Here we not only find an article on gastric neurasthenia, but on page 962 we read that neurasthenia tends to derange the digestive functions, etc. Now, how are we to know when the patient is neurasthenic and when his intestines are neurasthenic? Under neuroses of the intestine, the author describes meteorism for the second time, but all unconscious of humor, enumerates as causes: 1. "A local obstruction, such as a twist, etc." Again, under neuroses of the stomach we find: "The commonest cause of this condition (pyloro-spasm) when it is not due to ulcer, is a hyperacidity of the stomach contents," which he might have added, may also be due to ulcer. Examples might be multiplied to show what a curse our nomenclature is to the book-writer and to the physician who is trying to identify the symptom-complex of the patient before him.

In his efforts to bring the book right up to date, the author has given considerable space to the glycyl-tryptophan reaction, the meiotagmin reaction, and the trypsin and Hodenpyl treatments for carcinoma, all of which were discredited shortly after their publication. After this ultra-modernity we are surprised to find in the article on gastric tetany no mention of the role that calcium and the parathyroids may play in such affections. The section on the physiology of digestion is very inadequate and apparently uninfluenced by the work of Pavlov, Bayliss and Starling, Cannon and the later workers.

When we note on page 102 that the way to take a Bismuth picture is to give a drachm 2-3 times a day for two days, we are not surprised that there is no mention of the work of the German radiologists on the size and position of the stomach in health and disease and in various positions. Their pictures of the living functioning stomach must slowly replace those of the flabby dilated organ seen at autopsy, and their methods will be used more and more by the diagnostician.

Reed is one of the few American authors who seems to fully realize the value of clapotement in mapping out the stomach and diagnosing atony and ptosis. He advocates, however, the use of the gyromele and gastro-diaphane, instruments which probably deserve their general desuetude. He wisely points out that too much confidence must not be placed in the results of a single test meal.

His system of progressive diets does not take into account the individuality necessary in diet prescribing. Many of his observations, however, are very sound. He warns against the danger of over-restricting diets in people already under weight.

He puts more faith in electric treatment than most of us do, and in reading his case reports, we are inclined to believe that his results are due more to his good dieting and general care than to faradization with the author's intra-gastric electrode and galvanism with the author's rectal electrode, etc. Spondylotherapy and some other new things

are enthusiastically received, but the corset is spoken of only as the root of all evil.

No mention is made in the article on gastric ulcer of those relatively frequent cases in which a diseased appendix, adhesions or some other hidden cause produces the symptom-complex of ulcer, even to severe hemorrhages, without any ulcer demonstrable at operation.

Under "Chronic Catarrh of the Intestines," the author gives a good description of mucous colitis as it is usually seen and advises an unirritating diet. Out of respect to the nomenclature, however, he describes practically the same symptom-complex again under the heading of "Mucous Colitis." Here, in deference to v. Noorden, he advocates the coarse diet. However, he adds that if there is any real enteritis present we had better keep to the mild diet with rest, over-feeding and oil enemas. He doesn't say, however, just how to tell when it is a neurosis and when it isn't. He has also noted that a coarse, irritating diet may even aggravate constipation in these cases and that is certainly increases the pain and flatulence. Poor old Paulus Aegineta and the score of Latin writers enumerated in the article on Colitis in "The Med. and Surg. Hist. of the War of the Rebellion" would stir in their graves if they could read that mucous colitis "was studied by American writers before it had attracted special attention abroad."

As is usually the case with books, we wish the author had been less generous with the ideas of his friends and co-workers, and had given us more out of his own rich clinical experience. Although much of the material included may be poorly chosen, the book is certainly a storehouse of information on the subject and would be especially valuable to the man at some distance from a library. W. C. A.

NEW MEMBERS.

Urban, Kurt, Petaluma.
Miller, J. P., Sebastopol.
Duncan, J. F., Exeter.
Knowlton, J. J., Modesto.
Whittington, W., Dinuba.
Dungan, J. F., Exeter.
Gundrum, F. F., Sacramento.
Cross, Hugh, Penngrove.
Miller, A. L., Marysville.
Hund, Harry O., San Rafael.
Miller, B. F., San Diego.
Wells, S. J., Pleasanton.
Adams, Jno. E., Oakland.
Slaughter, K. J., Folsom, Cal.
Cothran, W. F., Crows Landing.
Tolman, G. P., Watsonville.
Mallory, G. W., Santa Rosa.
Milliken, Wm. P., Oakland.
Reud, Wm. Robt., Oakland.
Dupinct, L. R., Oakland.
Buchanan, R. A., Lodi.

RESIGNED.

Reed, Boardman, Alhambra.
Newkirk, Garrett, Pasadena.
Van Dyke, E. C., San Francisco.
Whiffen, R. A., San Jose.

DEATHS.

Brownell, Emily A. V., Hayward.
Perry, J. B., San Lorenzo.
Garwood, W. T. (address unknown).
Cope, Wm. Henry, Pleasanton.
Rofelty, G. W., Los Angeles.
Jenison, M. G., Hollywood.
Ferguson, T. H., Gridley.
Cunningham, C. McD., San Francisco.
Mills, J. M., Arcata.
Hall, Joseph H., Los Angeles.
Stanley, H. B., Tuolumne, Cal.
Richards, Jas. Richard, San Diego (August licentiate, 1911).
Gibbons, Henry J., San Francisco.
McIntyre, B., Lone Pine.
Griffith, E. M., Los Angeles.